# Inferiority and Comparison - Concept brief

Understand the idea behind inferiority and comparison and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Morgan compares a new role with a colleague's ten years of experience.

## The idea

Feeling less capable need not define overall worth.

## An ordinary example

Morgan compares a new role with a colleague's ten years of experience.

## What this can look like

Name a comparison, the standard behind it, and the contextual information it leaves out.

## Check the fit

What changes when the comparison includes context? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Encouragement is not reassurance that everything will work out, and contribution does not determine human worth.

## Reflection

What changes when the comparison includes context?

## Scope and adaptation

Explore patterns as collaborative hypotheses. Do not infer personality from sibling position, treat recollections as recovered facts, blame people for coping, or frame structural inequality as a lack of effort.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Alfred Adler: Theory and Application. Full source links and scope: library.morethantherapy.org/approaches/resources/ADL-A07-1